

# **BERA Body Building & Exercise Club**

*BNL Gymnasium-Building 461 on Center Street*

<http://www.bnl.gov/bera/activities/bodybldg/>

Tours & information are always available. To view additional dates/schedule, please go to the BERA website, or call Ext. 2873.

**Hours:** Monday-Friday: 7am-9am  
11am- 9pm  
Closed from 9am-11am for custodial cleaning  
Saturday 10am-4pm  
Closed Saturday's Memorial Day - Labor Day

**Membership:** BERA members are employees and retired employees of BNL, BSA, Brookhaven DOE, persons with BNL or BSA guest and visiting appointments, employees of permanent on-site employers (such as Cafeteria, Credit Union, Upton Post Office, etc.), and their immediate family. "Immediate Family" is defined as spouse, children 18 & over, and parents. Participants in BERA athletic leagues, clubs and competitive events must be **18 years or older**.

## ***JOINING & MEMBERSHIP DUES:***

\$25/calendar year. Student Membership is \$15.

**Please make check or money order ONLY (no cash) payable to  
*BERA Bodybuilding Club.***

- **NEW MEMBERS** ~ Mail to Recreation Office, Bldg.179B
- **RENEWALS** ~ Mail to Elliott Levitt, Bldg 134

**Include the following information on your check:**

- Life/Guest Number
- Mailing Address
- Phone Number
- E-mail Address
- **NEW MEMBERS** ~Mail to Recreation Office, Bldg.179B
- **RENEWALS**~Mail to Elliott Levitt, Bldg 134
- **All those signing up a non-employee (spouse or family member) must come to the Recreation Office in 179B for a special reader card for entry.**

OVER

## FREE Gym Orientation, Safety, and Instruction

All new members are expected to participate in at least one (1) orientation/training session with our Exercise Physiologist, Joann Giambalvo. Joann will be in the gym twice a month (2<sup>nd</sup> Monday and 4<sup>th</sup> Wednesday) to give FREE assistance & guidance to all members.

### Changes for May and June are:

**Monday, May 8 and Wednesday, May 17**

**Monday, June 5 and Wednesday, June 21**

Check the website for any changes to these dates or any future dates. Please go to:  
<http://www.bnl.gov/bera/recreation/fitness.asp>

Additionally, The Health Promotion Program provides individual consults with Jennifer Gatz, M.B.A., Exercise Physiologist for eligible employees with health issues. To access this service call Michael Thorn at extension 8612.

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## Gym Etiquette

1. Always make sure there is someone in the vicinity - do not work out alone.
2. Wipe down the equipment when you are done.
3. Don't monopolize weight equipment; let others work in with you.
4. Return plates and dumbbells to their racks when you are done.
5. If you see any conditions or actions that you regard as unsafe, contact one of the BBC officers.
6. The time limit on cardio equipment is 20 minutes. Be considerate of others, and don't go over the time you signed up for.
  - **All Facility users are expected to wear appropriate clothing and clean sneakers (no sand/dirt!).**
  - ***Each User must purchase his or her own membership. Do not allow non-members into the Weight Room.***

**NOTE:** *Day Passes* are available for \$3 at the BERA Store. The BERA store is open Monday-Friday 9am-3pm. Full memberships will **not** be taken at the BERA Store. Please see above information.

Call Ext. 2873 for more Information